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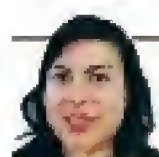
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ON ICE**
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metroNEWS

Your essential daily news | TUESDAY, OCTOBER 18, 2016

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Insensitivity vs. tradition

Cleveland Indians name and logo controversy highlights debate on Manitoba's sports teams

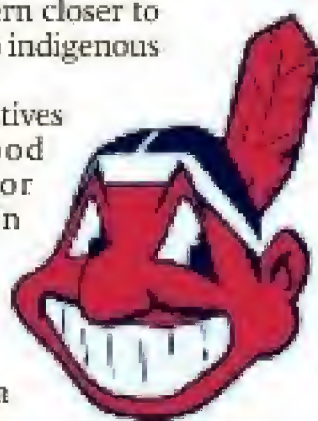


**Jessica
Botelho-Urbanski**
For Metro|Winnipeg

Some say they're culturally offensive, others say they're beloved team sports symbols.

While many Canadians are upset about the Cleveland Indians' branding as the baseball team goes to bat with the Toronto Blue Jays, at least a trio of questionable sports team names are cause for concern closer to home, according to indigenous advocates.

The Neepawa Natives and Charleswood Hawks are junior hockey teams in Manitoba, while the Morden Redskins are a senior team in the South Eastern Manitoba Hockey League. Each team uses a logo very similar to the Chicago Blackhawks', portraying an indigenous chief.



**CLEVELAND
INDIANS**

Aboriginal Students' Council representative Teddy Lands said sports teams should recognize when their names are racist and change them, regardless of tradition.

"I still find it very oppressive, very demeaning. I'm a big baseball fan, but I refuse to watch the (Atlanta) Braves play because of the whole chop tomahawk (chant) that they have," Lands said. "It's not fair and very disheartening, especially in this day and age when people are a little bit more culturally sensitive... it's a long fight, it's a long battle. And if I could wave my magic wand, we wouldn't have teams like the Indians or the Braves or the Warriors."

For at least the Natives and the Hawks, their names and symbols are decades old and the teams' managers don't have plans to change them. The

Redskins did not return calls for comment before press time.

Neepawa Natives' general manager Myles Cathcart said the team has been using their name since the 1960s with no complaints from the public. They asked permission from three nearby First Nations teams to use the title respectfully, he said.

The Charleswood Hawks' logo has been in use since 1970, according to the club's president, Wayne Deschouwer.

Deschouwer noted the team has aboriginal fans that cheer them on and aren't bothered by the logo.

"It's not a caricature, it's a brave chief," he said, adding

more than 500 young men have proudly donned the Hawks' logo in seasons past.

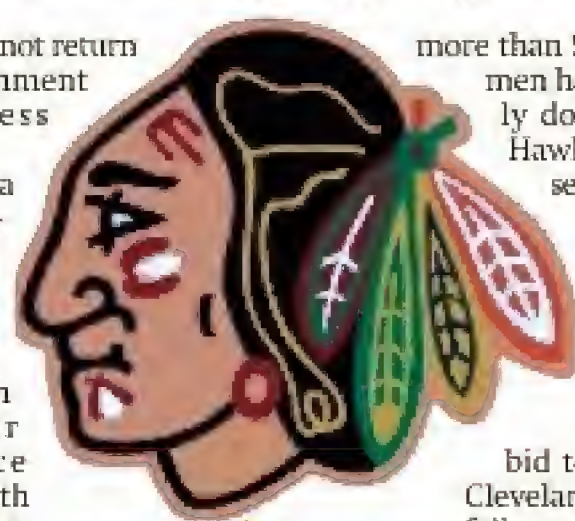
On Monday, an Ontario judge dismissed a bid to ban the Cleveland Indians full name and team logo in their playoff games with the Toronto Blue Jays.

Last year, Morden city councillor, Heather Francis, put forward a motion to ask the Redskins' to change their team name, which she called "derogatory."

The motion was shot down 5-2 in a council vote.

Afterward, Francis said she approached the team directly.

"They had absolutely no appetite to change, unfortunately," she said in an interview Monday.



**CHARLESWOOD
HAWKS**

"With the Truth and Reconciliation Commission and everything that's come out in the last few years, I'm kind of a little bit baffled as to why people wouldn't be willing to change now in light of what we know in 2016."

Francis said she feels like she's hit a stalemate with the team, but isn't giving up her fight.



**NEEPAWA
NATIVES**



**MORDEN
REDSKINS**

+ HAVE YOUR SAY

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Police tweet as slain teen

CRIME
Effort to stir leads in cold case trends on social media

An unorthodox social media campaign that sees police tweeting from the perspective of a 15-year-old murder victim is serving its purpose by making the teenager seem more like a person than a statistic, her brother said Monday.

Trevor Brown said the RCMP's eye-catching campaign to retackle the 1986 homicide of his sister Kerrie Ann was launched with the family's blessing and co-operation on Sunday.

The campaign involves tweets posted to the official account of the Manitoba RCMP, all written from the point of view of Kerrie Ann Brown.

"There's silence, but someone knows. Come forward. Stop being cowards. How are you able to keep what you did to me hidden," asks one of the tweets. "What you did to me that night destroyed my family & friends. I didn't do anything wrong. I was a happy 15-year-old girl."

The tweets go on to chronicle the final hours before Kerrie Ann was raped, murdered, and dumped beside a horseback riding trail in Thompson, Man.

But rather than simply describing her movements and summarizing the information common to most police recaps, the posts sent out under the hashtag #Kerrie are sprinkled with much more personal details.



The RCMP in Manitoba is trying an unorthodox strategy to solve a 30-year-old cold case — tweeting as the victim **Kerrie Ann Brown**. Brown was 15 when she walked out of a party in Thompson, Man., never to be seen again. THE CANADIAN PRESS HANDOUT

The first-person narration of Kerrie Ann's final day includes references to her collection of stuffed animals, her fondness for gym class, the amount her parents gave her as a weekly allowance, details of her final meal with her family and her fondness for playing pranks on her elder brother.

Trevor Brown said he hopes such minutiae will prompt people with knowledge of the crime to remember that his sister was more than just a name on a police file.

"Our society has been a bit desensitized to this type of thing, and it's sad to think, es-

pecially as brutal as Kerrie's murder was," Brown said in a telephone interview. "That's what we hope is that we can personalize her to the point where she's no longer just a face.... She's somebody that you know a little bit about."

Trevor Brown said the RCMP approached him two weeks ago with the proposal to try a social media tactic they had never attempted before, stressing that they would not do so without family co-operation.

He complied at once, helping to fill in details of his sister's last day and providing pictures to add additional depth to the

vivid account.

Oct. 16, 1986, was an ordinary Thursday for Kerrie Ann Brown, according to the police tweets.

The teen attended school, then saw a doctor in the afternoon to address some headaches and other minor ailments.

Kerrie Ann's final hours were spent at a party supervised by parents, which she was allowed to attend because there was no school the next day, Trevor Brown said.

She had planned to stay until 11 p.m. or so before relocating to her best friend's home for a sleepover, but Trevor Brown

 **CAMPAIGN**

Tweets in the voice of Kerrie Ann Brown:

"I had been having headaches, just wasn't feeling well so I left school for a bit for a dr's appointment."

"I don't know what it was that afternoon, being 15 I guess, but I was a little upset & a bit anxious after my appointment."

"Truth is, I was a very normal 15yo girl - athletic, well liked, cheerful & compassionate. I didn't have any enemies."

"To this day, my friends remember my sense of humour. I had a great laugh & nothing was funnier than playing pranks."

TRANSIT
Peggo-ing 'smoothly'



Braeden Jones
Metro | Winnipeg

Winnipeg Transit has had relatively few problems with its new payment cards, compared to fickle electronic fare systems in other cities.

"We are quite proud of the fact our system has been able to roll out fairly smoothly," said transit information supervisor Jonathan Borland.

Calgary Transit cancelled a beleaguered electronic fare collection card in 2015 amidst reliability issues, and Toronto's transit agency recently conceded too many of its payment terminals are failing.

But for Winnipeg, since beginning its staggered launch of the Peggo card in July, the city has heard relatively few complaints.

"Those could be anything from 'My card wasn't reading' to 'I had an issue at a retail sales agent,'" Borland explained, adding most issues have to do with the learning curve, and none were unexpected.

Borland said he did focus-group testing before the launch that helped Winnipeg Transit anticipate issues.

Some people have difficulty tapping the right place on the farebox with their card, but operators help with that. Others have a hard time registering, so the city put out videos and pamphlets to walk them through it.

And sometimes there is difficulty loading cards at retail sales agents, which the staggered roll-out was meant to help with so everyone was acquainted with the tech slowly.

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LAW SUIT

Woman's own fault she tripped: City

The City of Winnipeg says it's not at fault after a 64-year-old woman allegedly tripped on a badly damaged sidewalk — a fall she claims has left her hospitalized for more than a year and in jeopardy of losing a leg.

In a statement of defence filed at the Court of Queen's Bench last Thursday, the city denies nearly all of the accusations of negligence outlined in a statement of claim by plaintiff Ruby Evans.

Evans, a former manager at the Royal Canadian Legion Ukrainian Canadian Veterans Branch 141 located on Selkirk Avenue, claims she left work in the early morning hours of July 18, 2015 when she tripped over a sidewalk, breaking both her legs and an ankle.

However, the city denies any wrongdoing on the part of its staff and asks for the claim to be dismissed at a cost to Evans.

"In response to the whole of the statement of claim, the cause of the plaintiff's fall was the negligence of the plaintiff herself," it reads.

It alleges Evans failed to look out for her own safety and be careful.

STEPHANIE TAYLOR/METRO



The cause of the plaintiff's fall was the negligence of the plaintiff herself.

City's statement of defence

The 21-storey condo tower Glasshouse, at 311 Hargrave St., across from the MTS Centre, is partially occupied and expected to be on the tax roll in 2017.

CONTRIBUTED

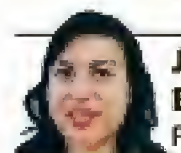
\$5.7M in public grants

\$768K in public grants

Marie Rose Place, a 40-unit development that provides transitional housing to newcomer families. CONTRIBUTED

CRESCENTWOOD

Effort to save home



Jessica Botelho-Urbanski
For Metro|Winnipeg

More than 3,200 people want to protect a historic 107-year-old home perched on Wellington Crescent from being turned into condominiums.

The Save 514 Wellington petition, addressed to Mayor Brian Bowman and created by neighbours in the Crescentwood area, had 3,263 signatures at last count Monday.

Known as the Gordon Mansion, 514 Wellington Cres. is a two-storey estate that's been home to a slew of big Winni-

peg names, including James T. Gordon, founder of the meat-packing firm, Gordon, Ironside and Fares; Victor Sifton, a former Winnipeg Free Press publisher; and former senator Douglas Everett, who declined to comment on the construction plans Monday.

Leader Equity Partners, a Winnipeg-based development firm, bought the lot and have voiced plans to demolish 514 Wellington to make way for a condo development, according to Heritage Winnipeg.

Barbara Parke, who signed the petition Sept. 30, made an impassioned plea online to keep the property in tact.

Developers get public funds

URBAN PLANNING

Government gives builders lump sums as encouragement



Stephanie Taylor
Metro|Winnipeg

More than \$6.4 million tax dollars will flow into the pockets of two downtown Winnipeg developers.

Marie Rose Place on Edmon-

ton Street will receive \$767,900 and the Glasshouse Lofts on Hargrave Street is eligible for \$5,658,000, according to John Kiernan, director of the planning, property and development department.

The amounts of both grants are split between provincial and city dollars, with the city doling out a combined amount of \$3 million.

Simply put, these downtown grants offer a type of tax-increment financing (TIF) that incentivizes private developers to build in the area.

Kiernan said the grants were conditionally approved back in

2012, and will be paid out in lump sums once each development is fully constructed, occupied and added to the tax roll.

Marie Rose Place, a 40-unit development that provides transitional housing to newcomer families, is complete and eligible for the money, which equals the value of 15 years of municipal property taxes.

Glasshouse, a 195-unit, 21-storey condo tower situated across the street from the MTS Centre, is partially occupied and is expected to be on tax roll in 2017, Kiernan said.

But first, Wednesday's executive policy committee will have

to give their stamp of approval to remove both these properties — as well as a future luxury hotel to be built on Carlton Street near the \$400-million True North square development — from the sports, hospitality and entertainment district (SHED).

This is an 11-block area of land in which properties are eligible for a different tax-increment financing that goes towards the development of public amenities in the downtown.

"In essence, we can't use the same tax dollars twice," Kiernan said on Monday.

REVENUE

Councillors show support for phased-in growth fees

Most Winnipeg councillors are backing a loudly contested growth fees plan.

On Monday, Metro spoke with 10 councillors on their thoughts about the plan, which reintroduced last week with several recommended changes, including a later start date, reduced fees and a three-year phase-in approach.

Six councillors: Mike Pagtakhan (Point Douglas), Marty Morantz (Charleswood), Ross Eadie (Mynarksi), Jenny Gerbasi (Fort Rouge-East Fort Garry) Shawn Dobson (St. Charles) and Brian Mayes (St. Vital) said they plan to vote in favour of the fees at Wednesday's executive policy committee, next week's council meeting or both.

Gerbasi applauded the plan to study the impact of fees on infill developments. She's supports levying the first charges on new residences in 13 new communities on the city's outskirts of the city.

But Coun. Russ Wyatt (Transcona) called it "taxation without representation," arguing revenue from growth fees should be reinvested back into the areas where properties pay. "It's one massive political slush fund for this mayor to get re-elected," said Wyatt.

Councillors Janice Luke (St. Norbert) and Jeff Browaty (North Kildonan) — members of Bowman's inner circle — said they plan to vote down the plan on

Wednesday, citing a rushed process and lack of certainty around growth fee calculations.

Lukes believes the city has wasted an opportunity to consult with developers and now risks costly legal battles.

Coun. Jason Schreyer (Elmwood-East Kildonan) said he was undecided, while councillors Matt Allard (St. Boniface), Cindy Gilroy (Daniel McIntyre) and Devi Sharma (Old Kildonan) were unavailable.

Metro did not contact Coun. John Orlikow (River Heights-Fort Garry), who proposed the amended plan after a 23-day consultation period with industry members and colleagues.

STEPHANIE TAYLOR/METRO

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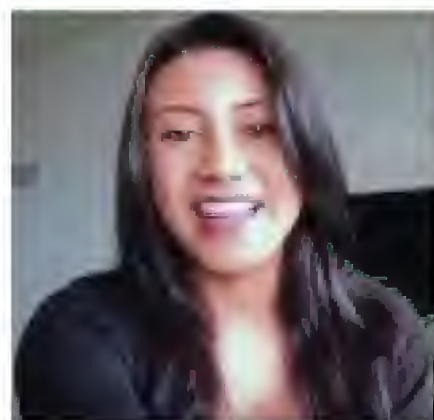
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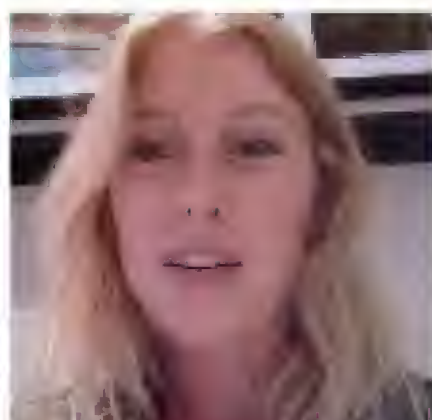
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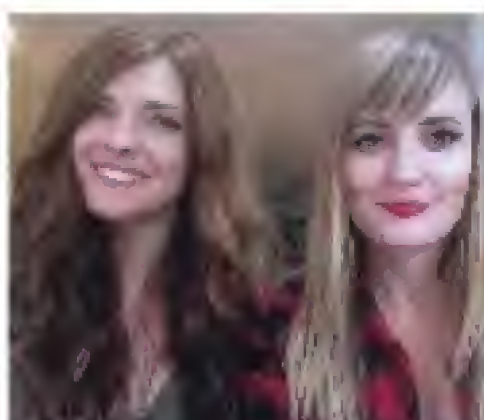
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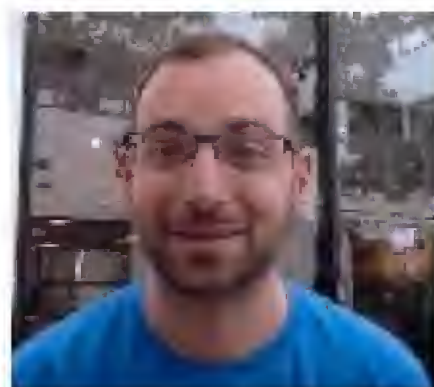
Devina: You have so much to offer from coast to coast. You're a beautiful country.



Margaret: You know, America. I think you're already great.



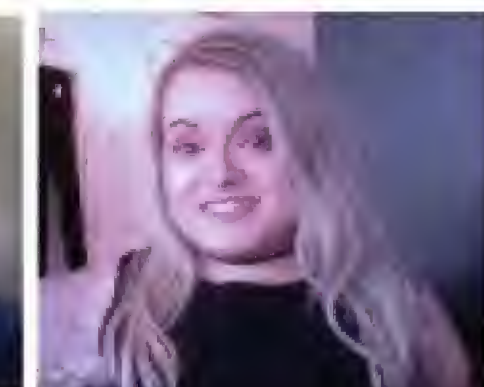
Zoe (left): We're big fans. **Ali (right):** We like you guys.



Nick: Contrary to your reputation, America, you are some of the nicest people in the world. Maybe nicer than us Canadians.



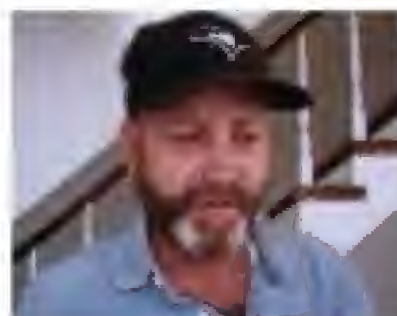
Adriana: You have changed the way we experience social media. You have created an entire social network and social experience for all of us.



Belle: The attitudes and the accessibility around disability in your country is better than almost anywhere I've ever been.



Peter: What I like about the United States is the fact that you're such a giving nation. Over \$250 billion a year is donated to charity and over 70 per cent of that comes from individuals.



Clay: America is a country that has continuously changed, continuously evolved. It's never stayed still.

Love notes to U.S.: You're already great

ELECTION

Canadians gush about southern neighbours in new campaign

And now for something completely Canadian.

A Toronto-based creative agency called the Garden Collective has started up an online campaign to boost American self-esteem in the midst of a vicious presidential campaign.

The campaign, called #TellAmericasGreat, has been trending on Twitter since it was launched on Thursday with more than 100,000 shares. An accompanying video had more than 180,000 views on YouTube.

"Certainly the buzz is there," the Garden's co-founder Shari Walczak said in a telephone interview. "The momentum is building."

The title is a play on Republican presidential candidate Donald Trump's campaign slogan, "Make America great

again."

According to the Garden's blog, the digital pep talk is meant as a balm to the "pretty scary realities" and "tremendous amount of negativity" exposed by the campaign, which continues for another three weeks.

"We wanted to do something positive," Walczak said.

The campaign notes that America has contributed to the world in music, movies, sports, science, technology, space travel, medicine, food, culture, shopping and social media.

The earnestness of the campaign is as Canadian as maple syrup.

"You guys are going to get someone to Mars," one fan remarks.

Yet another fan tweeted: "America, you gave the world cherry Coke & the internet & the Golden Girls. Don't let anyone tell you you're not great."

The campaign has garnered plenty of retweets and positive feedback.

One American from New Eng-

land gushes: "Canada is that best friend who comes over on the worst day of your life to remind you why life's still worth living. #TellAmericasGreat."

And Brit tried to squeeze in on the cyber-love, tweeting: "... you lot are the best cousins we could ask for. Awful bacon, but great films and teeth."

However, at least one commentator in the U.S. wonders if there's a little Canadian self-interest in the campaign.

Adweek hints that perhaps Canadians are a tad nervous about a flood of Americans north after the Nov. 8 election: "... It is almost as if Canada, after years of being ridiculed by the likes of South Park, is now — with its heartthrob Prime Minister Justin Trudeau, who likes to causally explain quantum computing — soothingly whispering to U.S. citizens, 'No, no, really ... if you elect an orange monster to your highest office, you really don't need to flee to Canada ... No, no, just stay in America ... It really is great there.'"

TORSTAR NEWS SERVICE

Panel set up to explore youth employment

Canada could soon find itself facing unexpected economic and social fallout without a clearer picture of where and how young people are failing in the labour market, says the chairwoman of a new federal panel on youth unemployment.

A better understanding of why some young people can't get

their foot in the door will be key to understanding whether Canadians will be able to afford a house in the future, or even afford their rent in six months' time, Vass Bednar said.

It could also offer a better idea of whether some are holding off on starting a family for fear of the cost of child care, said

Bednar, associate director of the cities research program at the University of Toronto's Martin Prosperity Institute.

Bednar said there are no clear answers to helping more young people find jobs — there are different issues facing urban and rural youth, as well as unique barriers for indigenous youth.

All this makes the panel's work that much more challenging.

"Our panel doesn't come with all the answers," said Bednar, a former senior policy adviser to the Ontario Liberals. "No one has written a paper or an op-ed (that says), 'Hey, this is what we need to do for youth in Canada.'"

THE CANADIAN PRESS

Judge quashes bid to ban team's name, logo

An effort to ban the Cleveland Indians from using their full team name and logo when they played the Toronto Blue Jays was dismissed by an Ontario judge on Monday evening, just a few hours before the baseball teams met in a high-stakes play-

off game.

Justice Thomas McEwen issued his ruling after lawyers for an indigenous activist sought to bar use of the American team's name and logo in Ontario, arguing they amounted to racial discrimination. THE CANADIAN PRESS

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IN BRIEF

Hitler's birth house to be torn down

The house where Adolf Hitler was born will be torn down and replaced with a new building that has no association with the Nazi dictator, Austria's government announced Monday as it moved to eliminate the property's pull as a place of pilgrimage for neo-Nazis.

The plan still has to be formalized in legislation and voted on in Parliament. But the Interior Ministry said demolition was recommended by a government-appointed commission. The Interior Ministry plans to finalize a draft law making the house state property before putting it to a vote in Parliament by the end of the year. THE ASSOCIATED PRESS



Adolf Hitler's birth house in Braunau am Inn, Austria. THE ASSOCIATED PRESS

Police start human trafficking probe after dad lists infant on eBay

German police say a 28-year-old man has admitted listing his infant daughter for sale on eBay but maintains that it was meant as a joke.

The 40-day-old girl was listed on the site last week at a price of 5,000 euros (\$5,500). Police in the western city of Duisburg raided the parents' apartment and put the girl into care. They opened an investigation on suspicion of human trafficking.

THE ASSOCIATED PRESS



Iraqi forces deploy in the area of al-Shourah, some 45 kilometres south of Mosul, as they advance towards the city to retake it from Daesh extremists, on Monday. Iraqi Prime Minister Haider al-Abadi announced earlier in the day that the long-awaited operation to recapture Mosul was under way. AFP/GETTY IMAGES

A complex strategy for Mosul

IRAQ

Officials worry the battle for second-largest city is rushed

Iraqi forces have launched their most complex anti-Daesh operation to date: retaking the country's second-largest city of Mosul.

While the country's military has won a string of territorial victories that have pushed Daesh out of more than half the territory the group once held, some Iraqi officials worry that the Mosul fight has been rushed and if the city is retaken without a plan to broker a peace, it could lead to more violence.

HOW WE GOT HERE

Mosul fell to Daesh in June

2014, when the extremist group blitzed across northern and western Iraq, overrunning nearly a third of the country.

Over the last year, Iraqi forces have steadily pushed Daesh out of most of the western Anbar province, including the cities of Ramadi and Fallujah, and cut many of its supply routes to Syria. But Iraqi forces have never attempted to retake a city the size of Mosul.

TROOP BUILDUP

Iraqi forces began moving into Nineveh province to surround Mosul in July, when ground troops led by the country's elite special forces retook Qayara air base south of the city. Thousands of Iraqi troops are now massing there ahead of the planned operation. Iraqi troops also deployed east of Mosul in the Khazer area, along with Kurdish peshmerga

forces, and to the north of the city near the Mosul Dam and Bashiqa areas.

THE PLAYERS

In addition to the Iraqi army, Kurdish peshmerga forces, Iraqi special forces and Sunni tribal fighters, Shiite militias are also expected to play a role in the Mosul operation. The role of the Shiite militias has been particularly sensitive, as Nineveh is a majority Sunni province and the militias have been accused of carrying out abuses against civilians in other operations in majority Sunni parts of Iraq.

A very small number of Turkish troops deployed for over a year in Iraqi territory at a base north of Mosul have caused a recent spike in tensions between Iraq and Turkey. Iraq has repeatedly called for the Turkish forces to withdraw, claiming they en-

tered the country without the permission of the central government.

THE OPERATION

The fight to retake Mosul was largely launched from the north and east. The Kurdish peshmerga forces say they will push Daesh out of a cluster of mostly Christian and Yazidi villages northeast of Mosul along the Nineveh plain, while Iraqi military troops try to cut the main supply line northwest of Mosul that links Daesh territory in Iraq to its strongholds in Syria. A large number of Iraqi military forces are also expected to push up from Qayara air base.

Once villages around Mosul have been cleared of Daesh, Iraq's special forces are expected to lead the push into the city of Mosul itself.

WHAT TO EXPECT

Mosul is Iraq's second-largest

city and still home to more than a million civilians. Both in terms of geography and population, it's a much larger task than Iraq's military has ever undertaken previously in the fight against Daesh.

It's unclear how many Daesh fighters remain in Mosul, but even a few hundred could wreak havoc. Iraqi forces advancing on Monday found roads and fields littered with roadside bombs, and Daesh unleashed a series of suicide car and truck attacks on the advancing troops, a tactic it has used effectively in past battles.

Iraqi officials fear that Daesh could also use civilians as human shields, and that they may destroy vital infrastructure as they retreat, leaving behind a massive reconstruction challenge and preventing residents from returning.

THE ASSOCIATED PRESS

SYRIA

Another ceasefire declared for Aleppo after dozens killed

Russian and Syrian forces will halt hostilities for eight hours in the eastern districts of Aleppo, Russia's military announced on Monday, a day on which opposition activists said their airstrikes killed at least 36 people, including several children, in and around the divided city.

The two militaries will observe a "humanitarian pause" between 8 a.m. and 4 p.m. on Oct. 20 to allow civilians and militants safe passage out of

the city, Lt. Gen. Sergei Rudskoi of Russia's general staff said in Moscow. Militants, the wounded and sick would be allowed to evacuate to the neighbouring rebel-held province of Idlib.

UN humanitarian officials have pleaded with combatants to observe weekly 48-hour ceasefires to allow humanitarian relief into the city's besieged eastern districts, but Russian and Syrian forces have only escalated their aerial and ground assault on the rebel-

held areas in recent weeks. The airstrikes have claimed hundreds of lives, wounded many, flattened apartment buildings and laid waste to the already crippled medical sector.

But Russian and Syrian leaders are now capitalizing on a proposal made by the UN's envoy earlier this month to allow al-Qaida-linked militants to leave in exchange for peace and local administration for the eastern districts.

THE ASSOCIATED PRESS

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Agency raises the red flag

HOUSING

Affordability worries spill over from big city markets

The head of the federal housing agency is raising a red flag about the state of Canada's real estate sector, saying affordability concerns have spilled over from the country's two most expensive cities to nearby markets.

In an opinion piece, CMHC CEO Evan Siddall says the Canada Mortgage and Housing Corporation will raise its overall risk rating for the national housing market to "strong" from "moderate" for the first time when it issues its housing market assessment on Oct. 26.

"Affordability pressures hurt lower-income households the most and cause real socioeconomic consequences," Siddall wrote.

"CMHC has recently observed spillover effects from Vancouver and Toronto into



The new mortgage rules involve a stress test for all insured mortgage applications to ensure the borrower can still service their loan in the event interest rates rise. TORSTAR NEWS SERVICE

nearby markets. These factors ... will cause us to issue our first 'red' warning for the Canadian housing market as a whole."

Siddall said high levels of debt combined with rising house prices are often followed by contractions in the economy.

"The conditions we now observe in Canada concern us," he wrote.

Siddall's comments came the same day new mortgage

rules introduced by Ottawa took effect. The rules require a stress test for all insured mortgage applications to ensure borrowers can still repay their loans in the event interest rates rise or their personal financial situations change.

Until now, stress tests were not required for fixed-rate mortgages longer than five years.

The federal government is making the change to try to stabilize the country's housing markets, particularly in Toronto and Vancouver where prices have soared.

Siddall said he supports the measure, even though it will cut into the purchasing power of some first-time buyers.

THE CANADIAN PRESS



Affordability pressures cause real socioeconomic consequences.

Evan Siddall

FOREIGN BUYERS

B.C. tax troubles mogul

One of China's top real estate moguls says his customers are troubled by British Columbia's tax on foreigners purchasing homes in Vancouver and he intends to raise the matter with Prime Minister Justin Trudeau.

Frank Wu, vice-president of the China Real Estate Industry Association, said Chinese investors have told him that the 15 per cent tax is discouraging them from buying property in the city.

Wu, who is also chairman of Central China Real Estate Ltd., is part of a Chinese delegation of billionaires touring Canada this week who want to strengthen economic ties between the two countries.

Wu said the tax will prompt many Chinese investors to look to other parts of Canada, including Toronto and Montreal, along with English-speaking countries such as the United States, Australia and Britain.

THE CANADIAN PRESS

ALCOHOL

Gretzky looking to score with whisky

It appears No. 99 is going to be on ice again.

After more than 10 years in the wine business with partner Andrew Peller Ltd., Wayne Gretzky launched his No. 99 Red Cask Whisky Monday at a private tasting in Maple Leaf Square's LCBO in Toronto.

As with anything the hockey legend does, he's aiming

to make his new beverage a game-changer, not just another celebrity-branded booze.

"We wanted to do something first class ... to bring something different and unique to separate ourselves from other whiskies," he told reporters, adding he had no idea Drake had also just introduced one.

The release is a hat trick

of sorts for high-profile rye launches following recent offerings from rapper Drake and the Trailer Park Boys.

The Great One's new drink is priced at \$34.95, midway between Liquormen's Ol' Dirty Canadian Whisky from the Trailer Park Boys at \$29.95 and Drake's Virginia Black American Whiskey at \$39.95.

For a different twist on the Canadian classic, the spirit is finished in his winery's red wine casks, which give the whisky a pale amber hue.

And the same soils that produce the grapes for his wine in Niagara-on-the-Lake also grow the grains that are used to produce his signature blend.

TORSTAR NEWS SERVICE



Wayne Gretzky sniffs a shot of his new No. 99 Canadian Whisky. TORSTAR NEWS SERVICE

LABOUR DISPUTE

Jim Beam employees strike over long hours

Striking Jim Beam workers kept picketing the world's largest bourbon producer on Monday, ahead of another round of talks that a union leader hopes will resolve their complaints about being overworked.

The dispute has splashed some disharmony on the whiskey sector's good times. The workers say the company has refused to hire more full-time workers, and that demand for Beam whiskey has them putting in 60 to 80 hours a week to keep up.

Contract talks are scheduled to resume Tuesday after workers voiced grievances at a management listening session

on Sunday, said United Food and Commercial Workers local president Janelle Mudd. Their main complaint is not money — the union wants to see more full-time workers hired, rather than temporary employees.

A company spokesman said the session helped to "clarify points of disagreement."

About 250 workers walked off their jobs Saturday at Beam distilleries in Clermont and Boston in Kentucky after voting down the company's latest contract offer Friday. Those striking workers help fill virtually every step of bourbon making at the plants, Mudd said.

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EMMA TEITEL ON DRESSED-UP PETS

What, you may ask, happens at the 'largest dog costume parade in the world?' If you answered that dogs wear costumes, you'd only be half right.



On Saturday, scores of otherwise ordinary people will descend on Manhattan's Tompkins Square Park, with their dogs in tow, for the annual Tompkins Square Halloween Dog Parade.

The event, sponsored by Purina Beggin' (the makers of the popular canine treat "Purina Beggin' Strips Bacon"), is, according to CNN, the "largest dog costume parade" in the entire world. (And here I assumed it was the only one. Silly me.)

What, you may ask, happens at the "largest dog costume parade in the world?" If you answered that dogs wear costumes, you'd only be half right. In fact, dogs and dog owners dress up in costume at the T.S.H.D.P. usually together, as a theme.

The winners of last year's event, to illustrate, were a man and a woman who staged a chilling Day of the Dead tableau with their chihuahuas.

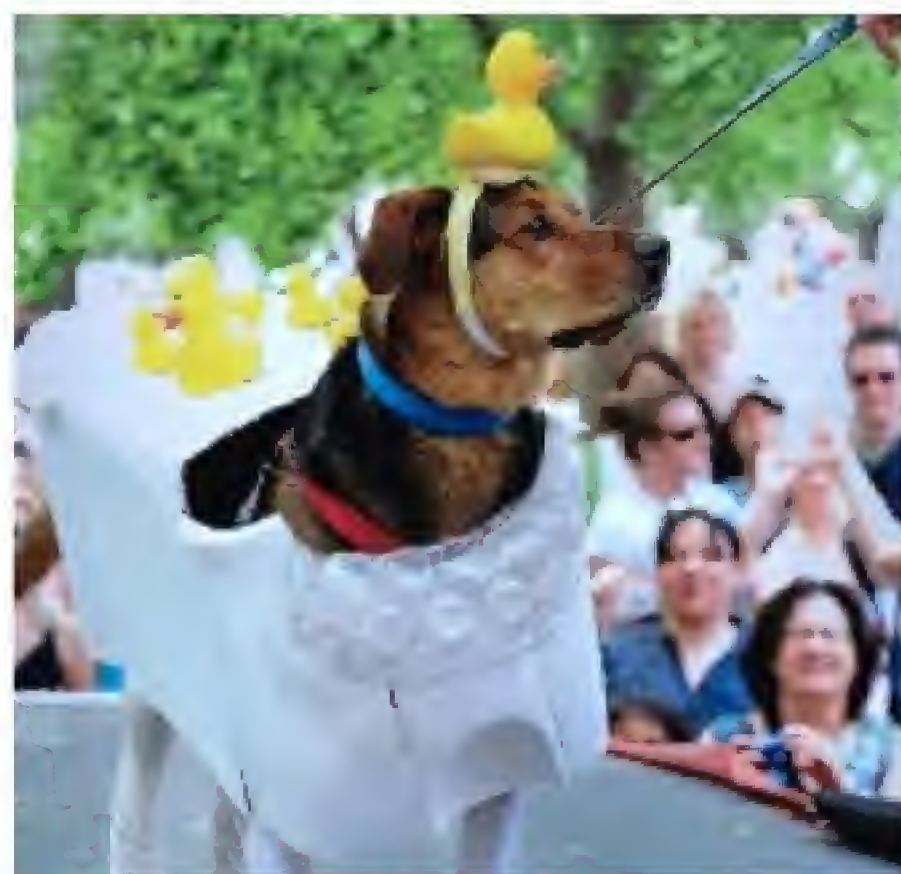
Mind you, if I had judged the parade, I would have given first prize to my favourite contestant: a bulldog in blond wig and pearls, i.e., Marilyn Monroe.

As for the be-wigged lapdog dressed up as Caitlyn Jenner in a sultry white number eerily similar to the frock the real-life Jenner donned on the cover of Vanity Fair, I have no words. This may be because the dog's owner, meanwhile, wore a "USA" tracksuit and imitation gold medal. (Presumably, he was channelling the ghost of the pre-Caitlyn Jenner, Bruce.)

All this is to say, with a uni-

When we start extending our gender biases to pets, too, it starts feeling kind of creepy. Really, French maid dogs?

versal eye roll, that people love their dogs (and possibly their pets in general) a lot. So much so, it turns out, that in exhibiting their love for their dogs,



WHAT'S THIS SUPPOSED TO MEAN? Treating our pets as extensions of ourselves might not be a great idea.

TORSTAR NEWS SERVICE

they tend to sacrifice their dignity in the process and as some of the scenarios above suggest, the dignity of their animals, too.

Until recently, I would have considered this sacrifice of dignity to be all in good fun. Notwithstanding the questionable Caitlyn Jenner lapdog getup, the whole Tompkins Square Halloween Dog Parade would have registered as a perfect example of a dignity-defying, weirdly healthy good time. Even the matchy-matchiness of the whole dog-owner pairings would have given me a good laugh, not unlike the laugh so many people got when Fido the phone company ran their now world-famous ad campaign in the late 1990s featuring dogs and owners who happened to look exactly like each other.

But there's a difference

between the Fido ad animal/human likenesses and the Halloween dog parade likenesses: the first were happy accidents; the latter are calculated

costumes for young human girls, pet outlets like Petsmart or Baxterboo.com are still apparently gender-rigid in their Halloween togs, hyping certain costumes for male dogs (firefighter and police officer) and others for females (sweetheart nurse or French maid). That this was a ludicrous thing to be outraged by (something the right-wing site Breitbart pointed out, not getting the tongue-in-cheek part) was obvious, but it hid a kernel of truth: It's easy to overlook the indignity of dressing up your Scottish terrier as an extension of yourself for Halloween, but when we start extending our gender biases to pets, too, it starts feeling kind of creepy. Really, French maid dogs?

Other effects of human-to-dog extension are more substantially questionable. Just this past week, CBC news reported that between 40 and 50 per cent of all owned pets in Canada are overweight. The percentage of Canadian people over the age of 18 who are overweight? Between 40 and 50 per cent. Not only does Rover's face resemble ours these days, it seems; so does his spare tire.

And Australian cities have been experiencing a minor epidemic of abandoned pets in the recent past, at least partly the result of foreign students studying in Australia who neglect to take their dogs with them when they return home. These dogs aren't feral, just homeless, but to be homeless, you have to initially be given a home to lose. And who gives pets homes? Us.

So, I hereby make a pledge: I will do everything in my power not to make my dog homeless. And I will do everything I cannot to make him obese. But when it comes to Halloween, I make no promises. Tompkins Square Dog Parade, here I come.

Emma Teitel is a national columnist for the Toronto Star.

Consistency will prevail when pot-bellied pigs fly

INSIDE THE PERIMETER

Shannon VanRaes



There are some phrases you just don't hear, pig-mauling is one of them.

While swine can grow to an enormous size and must be handled with care, pot-bellied pigs have not been known to maul children to death or dismember lap-dogs out for an evening stroll. Given the choice between living next door to a pot-bellied pig or a dangerous dog, I'd choose the little porker every time.

But for reasons beyond me this logic eludes some on Winnipeg's standing policy committee on protection, community services and parks.

While a dangerous Labrador — that has already killed another dog, went after a child and injured a by-stander — will be allowed to stay in the city, Emily Sydor's pet pig could be banished from her West End home.

In August, Sydor was issued an Animal Services Order telling her to move the animal beyond city limits, an order she appealed last Friday. But despite support from her neighbours and the fact that no one opposed her, the issue has been put over until November so a legal opinion can be obtained.

Transcona Coun. Russ Wyatt was prepared to allow an exception to the Responsible Pet Ownership bylaw, but others raised the lazy argument that if you allow one pet pig, everyone will want a pet pig.

Unlikely.

The other argument put forward? That Winnipeg residents can't have livestock and that, frankly, is a lot of bull.

Nearly 30 per cent of land

within Winnipeg's city limits is zoned for agricultural use and contrary to common belief the city is not defined by the Perimeter Highway. At last count there were 82 commercial farms located inside Winnipeg and many of them have livestock on them, some of them even have pigs. Yes, the number of urban farms is shrinking as housing developments sprawl and land values climb — in 2006 there were 155 farms within the city — but whether Winnipeggers realize it or not, they have been living side-by-side with livestock for generations.

If the committee was interested in really delving into the issue they might have checked to see if Sydor's porcine pet was registered with PigTrace Canada, a mandatory biosecurity and traceability program all pigs must be registered with. Even racing pigs, and yes there is such a thing, are included in the nation-wide effort to trace disease outbreaks should they occur. But that didn't seem to be an issue the committee was concerned with.

Granted, it's unlikely Sydor's West End residence is zoned for agriculture, but a pig living in the city is hardly unprecedented and this particular specimen hardly represents a commercial farm.

Given the city's recent recognition of urban beekeeping and growing interest in local food, one person with a pet pig or even many people with pet pigs, doesn't seem like a problem, it seems like a natural progression.

This isn't a situation that calls for a legal opinion, it's a situation that calls for common sense. Some little piggies go to market, but this little piggy? This little piggy should stay at home.

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The scariest part of dating



RELATIONSHIPS

Everyone in the new dating world is afraid of ghosts

Sofi Papamarko
For Torstar News Service

You may not believe in ghosts, but they assuredly walk among us.

The ghosts I'm talking about don't trudge around the attic in heavy chains or send your grandmother's fine bone china flying across the room, however. These ghosts are a little more ordinary. You've probably even encountered one. The dating world is full of ghosts.

Ghosting is the scarily common dating practice where the person you're seeing disappears from your life without warning or explanation. They simply stop responding to your calls, texts and emails.

One day, you're sharing a root beer float and petting cute dogs in the park. The next day, poof! They're gone. Vanished, like a ghost.

A few months ago, social media expert Terra Loire, 26, met someone on dating app Tinder. Everything was great, at first.

"We went out a few times — just casual dates like brunch and drinks. (We talked) about life and bonded



Social media specialist Terra Loire in Toronto has been a dating ghostee, where the other person just disappears or fades away. TORSTAR NEWS SERVICE

over our cats. He would text me all the time and was very thoughtful. He drove the emotional part of the relationship by being very forward with his feelings for me, which I appreciated."

After a few weeks of schedules not aligning, they finally agreed on another date. He cancelled the day of, stating he was "tired." He was genuinely apologetic and promised to set up a date for the following week. She never heard from him again.

"Ghosting is frustrating," Loire says. "Especially when I work very hard to

be honest and allow the other person opportunities to express their interest or disinterest in healthy ways. That should eliminate the need to ghost in the first place."

Ghosting is a cowardly and disrespectful move, to be sure, but in a world where we're accustomed to ending relationships with the literal push of a button (unfriending, unfollowing, blocking), it makes sense. Ghosting is an easy and non-confrontational way to get out of something that's not working for you.

For the ghostee, it can be confus-

ing, enraging and can even instill actual panic — did something happen to this person? Were they in an accident? Are they OK?

A friend recently asked me to check up on another friend of mine on social media to ensure he wasn't dead. He had told her he would call her soon to plan another date and she never heard from him again. According to recent Facebook photos of him drinking with friends, he was alive and well. He had simply ghosted.

Playwright Graham Isador, 27, has been both ghoster and ghostee.

After meeting an interesting and beautiful woman in another city, they kept in touch. It became clear to Isador after a return visit that they had very different expectations of the relationship.

Back in Toronto, he took longer to respond to her texts and was always "busy" when the phone rang. "I didn't handle that thing well," Isador admits. "I avoided conflict. I let things drift in that 'what happened' scenario that is intensely frustrating. When you don't know what happened, it's hard to get closure."

"I was trying to think of a comparison and the best thing I came up with is: pulling the band-aid off. Pulling it off quickly is going to hurt a bit. But if the alternative is leaving it on until the band-aid grows gross and dirty and eventually falls off on its own? It's pretty clear what to choose. I owe that girl an apology."



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'Big Food Inc.' latest target for chefs



Chef Chuck Hughes visited a Saskatchewan canola farm to learn more about where food comes from. CONTRIBUTED



Chef Michael Smith's new cookbook, *Real Food, Real Good*, is a back-to-basics takedown of what he calls 'Big Food Inc.' TORSTAR

HEALTH

Tapping into millennial distrust of the food system

Melita Kuburas
Metro | Canada



Even professional chefs are sometimes baffled by our food production and distribution system.

"Why is a banana cheaper than an apple?" wonders Chuck Hughes, owner of Garde Manger and Le Bremner restaurants in Old Montreal, in an interview about his visit to a family-run canola farm in Saskatchewan this summer.

"An apple comes from my backyard and a banana doesn't. There's all these questions I don't necessarily have the answers for," adds Hughes, who this year has focused on sustainability through side projects like running a kitchen at Osheaga music festival where the theme was "buy less, waste less" and rock stars were served food in compostable containers.

Home cooks pushing a cart through aisles of their local grocery store can likely relate to Hughes' confusion, as despite having more information than ever about our nutrition and the eco-footprint of the food system, it's also more difficult to cut through the crap.

A study this past spring by the Canadian Centre for Food Integrity found 22 per cent of millennials said they thought the Canadian food system was

headed down the "wrong track" when it comes to food safety, nutrition, the environment and animal welfare. This cohort had the highest distrust of the food industry compared to other demographics.

An Ipsos poll from January declared a new breed of decision-makers was emerging, the "young educated millennial moms" who have more spending power and want to buy fewer processed foods. One in four Canadians was motivated to buy a food or beverage with simpler and fewer ingredients, double that of a year ago, according to the poll.

Hughes suggests consumers take brands to task if they aren't following sustainability or nutritional guidelines in their ingredients list by writing to the companies and voting with their wallet. He also recommends taking an occasional trip to a farm, like he did with Hellmann's to a canola field with "yellow flowers as far as the eye can see." Those flowers are edible, as are their seeds (similar to mustard seeds), he learned, while playing a seed matching game with local children.

"We got to really see the whole process," he says.

A back-to-basics theme is also evident in *Real Food, Real Good*, a book by Chopped Canada judge Michael Smith released last month. He says the topic has been a long time coming. "It really dates back 14 years when my son was born and I had a real epiphany about my true understanding of food," he says. "I find myself at a point in my life where I've just lost patience. I've lost tolerance for beating around the bush. We have a flawed food system."

The cookbook outlines ingredients to avoid, calling out marketing buzzwords like "natural" and "free-range," and warns shoppers to be aware of "fabricated flavours" such as that of sugary breakfast cereals, margarine and bacon bits, for example.

Smith says his aim with the book is twofold: Show amateur cooks who now have a bit of momentum that great cooking doesn't have to be complicated, and to call out what he refers to as "Big Food Inc." for promoting unhealthy eating habits.

"Big Food Inc. is this horrendously pervasive idea that we have in this culture that processed food is actually an OK option, whether it's now and then or every single day. It's not OK," he says.

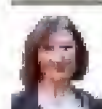
To really hear Smith's passion come through, just mention cauliflower.

Last year the vegetable made front-page news (including in this newspaper) when prices rose to \$8 a head thanks to a low dollar and a drought in California that affected supply.

"It shouldn't have been covered," shouts Smith. "It's ridiculous bull—. It wasn't a story. Big freakin' deal, cauliflower is expensive in the middle of winter. Really? What is it a slow news week?"

What is upsetting to him is the promotion of the idea that healthy food is expensive.

"Food is less expensive now than ever before in the history of mankind. We spend less money on food than any culture in the history of the world, and yet we have food media and mainstream media that allows this pervasive belief that food is expensive. They are doing a disservice to Canadians."



JOHANNA SCHNELLER WHAT I'M WATCHING

If only Melania Trump channelled Queen Bey

THE SHOW: *Saturday Night Live*, Oct. 15 (NBC/Global/YouTube)
THE MOMENT: "Melanianade"

In a dead-on, black-and-white spoof of Beyoncé's *Sorry* video (from *Lemonade*), the women of SNL portray Donald Trump's female posse: wife Melania (Cecily Strong), daughters Ivanka (Emily Blunt) and Tiffany (Vanessa Bayer), campaign manager Kellyanne Conway (Kate McKinnon), and Apprentice star Omarosa (Sasheer Zamata).

Decked out in hair extensions, bejeweled leotards, furs, fishnets and French manicures, they ride in a limo, recline in 'Trump Tower-like rooms, and take a baseball bat to a TV

screen bearing Trump's face (Alec Baldwin), while singing lines like, "I'm tired of thinking 'bout you" and "Watch out, we're about to walk out."

"Without us you wouldn't be standing there/You'd just be that guy with the weird hair," Melania sings, then adds, "I wrote that all by myself."

The others roll their eyes. SNL always ups its game in election season, and this year they have an embarrassment of riches.

But this video is satire at its pinnacle. It combines an astute observation (The women in Trump's life act as a Fembot army to defend and humanize him) with a still-breaking news story (allegations of

Trump's serial sexual abuse of women) and a cultural touchstone about another wronged woman (*Lemonade*) to point to the truth about this campaign: It's about women.

Abused women are speaking up and turning the tide. Women will decide this election. A woman could (will!) lead the U.S., and by extension, the world.

And SNL has the female cast, arguably its best ever, to make comedy that is pointed, necessary and certain to be legendary.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



In satire at its finest, the women of SNL portrayed Donald Trump's female posse in a spoof of Beyoncé's *Sorry* video (from *Lemonade*). CONTRIBUTED

Things you can't say to a pregnant woman

ADVICE

Etiquette experts on what to say to those expecting

You waddle. You're so big. You're not big enough.

The list of rude comments people have made to Ashley Greer during her three pregnancies is long. "Never ever comment on (a pregnant woman's) size," says the Stoney Creek, Ont., resident, who's expecting her son Wyatt within weeks.

But when it comes to pregnancy etiquette, pointing out someone's size is just the tip of the rudeness iceberg.

From unexpected belly rubbing to questions about their birthing choices, pregnant moms face etiquette fails most people never have to deal with, leaving many questioning why they're stuck with those awkward moments in the first place. And when people aren't sure what to say or do when it comes to pregnancy, etiquette experts say the resulting rudeness from this common scenario puts undue pressure on moms-to-be.

"Pregnancy isn't easy," says etiquette and protocol consultant Lisa Orr. "It's an important task women play in society. As a community, we owe it to ourselves and these women to give them a little extra kindness."

Giving pregnant women a seat on public transit is one example of extra kindness, and it's a big

focus in South Korea. In Seoul, you'll find pink seats designated for moms-to-be on public transportation, and in Busan, the city is testing out a wireless sensor device to alert transit riders that the person carrying the device has a baby on the way.

What's trickier to combat are the prying questions and insensitive judgments many moms face.

Tamara Robbins Griffith, a Toronto mother of two, faced a barrage of questions when she opted for a vaginal birth the second time around after having a Caesarian section for her first baby. Some people questioned why she'd want to do that, citing the possible complications. "I think it's rude when people make you feel like you're putting your unborn child at risk," she says.

Toronto mom Shana Tilbrook also recalls one weird experience at a party while she was pregnant. Someone asked to touch her belly, and she agreed. "He then stuck his face right up against my belly and started talking enthusiastically to my unborn baby for about a minute," she says. "It made me feel very awkward."

Another time, someone saw her from the back, and asked, "Are you sure you aren't having twins? You look like you are."

"You wouldn't comment on a non-pregnant woman's body, so why does that change when someone is pregnant?" Tilbrook continues. "You wouldn't touch someone's belly who isn't pregnant, (so) why touch the belly of someone who is?"



Ashley Greer, a mom-to-be who is only two weeks away from delivering, says commenting on an expectant mother's size is a big no-no. But that's just the tip of the rudeness iceberg when it comes to pregnancy etiquette, experts say. TORSTAR NEWS SERVICE

It's even more difficult when a pregnancy ends in loss. During her first two pregnancies, Greer had stillborn twin boys and a stillborn daughter, which prompted strange and awkward questions from friends and family: Was it something you did? Why do you talk about "them"? Since you won't be using your baby clothes, can I give them to my daughter?

"For someone who has experienced loss before — help the parents remember their lost (child or children), not forget them," Greer says. "Understand that this pregnancy may not be fun and exciting, but stressful and scary."

With so many women facing this stuff, it's time for a reality check. We asked local etiquette gurus — including Orr, Louise Fox, owner of the Etiquette

Ladies, and Torstar's etiquette expert Karen Cleveland — for their advice on the dos and don'ts of pregnancy politeness.

Don'ts

- Don't touch her belly. It might be tempting to reach out and rub a pregnant woman's belly, but this rule is simple: Don't do it. "Any kind of uninvited touching is inappropriate, whether it's your best friend or some stranger," says Fox. Even asking to touch someone can be awkward, so it's best to wait for a mom to offer.

- Don't offer unsolicited advice. "Don't tell her how amazing or awful your birth was. Or whether she should have a midwife, a doula, be in a hospital or go hug a tree," says Cleveland. "Truly: it's not your business."

- Don't comment on her size. Whether it's her body size or the shape of her baby bump, just zip your lips, according to Orr. "It's going to land in a negative way, and you're making a lot of judgments."

- Don't ask when she's due. One of the biggest mistakes you can make is asking someone's due date, says Fox. "But maybe they're not due," she says. "Maybe they're just a large person, or they put on weight, or they already had the baby." It's a recipe for awkwardness at best — and being totally insensitive and offensive at worst — so just avoid asking in the first place.

Dos

- Do give up your seat. Offering pregnant women a seat on public

transit is both a polite gesture and a bylaw, says etiquette and protocol consultant Lisa Orr. And that means speaking up and encouraging people to offer a seat even if you're standing.

- Do offer to help. If someone close to you says they're having a baby, offer to help, be it giving them a ride if needed or babysitting when the bundle of joy arrives, suggests Fox.

- Do take cues from the mom. "If she's not taking the conversation too deep or intimate a place, follow her lead," says Cleveland. And if you're not sure what to say, keep it simple. "(Tell) the beautiful mom-to-be how awesome she looks and wish her the best of luck."

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You have the flu — what to do?

Nina Dragicevic

You can feel it — skulking in the shadows, trailing behind you as you walk home at night, watching and waiting for your defences to go down. It's a virus, and right now is peak hunting season.

Once you have that first tickle in your throat and the beginnings of a headache, you know it's taking you down. How can you fight back? Should you stay home from school or work?

"If people have a bit of a scratchy throat or headache — perhaps not," says Dr. Robert Strang, the chief medical officer of health for Nova Scotia. "But

for flu-like symptoms — rapid onset of fever, headache, muscle aches, cough, sore throat — if someone has those, especially a fever, our advice is to stay home."

While it's tempting to try mega-doses of vitamins or other interventions, Strang says the evidence supports the simplest solutions — just rest and fluids.

"Staying home, treating the symptoms with over-the-counter medications, drinking fluids and rest," Strang says. "All these things will help people recover faster."

Take your resting time seriously. Prop yourself up with a lot of pillows; your stuffy head should feel better sitting up higher than your body, and

this may reduce the post-nasal drip that can aggravate coughs. Many cold and flu medications, while easing the suffering of your sniffing existence, can also encourage a midday nap and a full night's sleep.

Warm drinks, hot soups and using a humidifier will help with hydration, while also soothing throats and relieving

some congestion. The rest of the recovery process is just time. Your next major concern? Don't pay it forward.

And next year, Strang says, consider getting a flu shot. "We know that it's not perfect," Strang says, "but certainly you get much better protection if you get vaccinated, than if you don't get vaccinated."

BECAUSE IT'S ABOUT HIM TOO

GET VACCINATED. DON'T SPREAD THE FLU.




The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against four seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

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Staying hydrated is the most important thing. iSTOCK

Foods that fight for your health

The immune system army marches on its stomach, says Harvard Health — a twist on the popular quote attributed to Napoleon. In other words, feed your body's army and they will fight for you.

During the cold and flu season, exposure to viruses is practically a given. Ideally, your immune system will fend off the worst of it, so how can you help make that happen? Sleep, exercise and diet are the foundation of your health — and when it comes to diet, not all foods are created equal.

Christal Sczebel, a certified holistic nutritionist practicing in Edmonton, recommends foods that contain probiotics and prebiotics, healthy bacteria that boost immune function.

"Examples are sauerkraut, kimchi, Greek or coconut yogurt, kefir, and of course, taking a probiotic supplement is beneficial as well," Sczebel says.

She also points out that raw fruits and vegetables are rich in vitamins, minerals, antioxidants and enzymes, all of which contribute to overall health. Green smoothies — smoothies usually comprised of fruits and dark, leafy green vegetables — are also "very beneficial," Sczebel says. Added bonus: they're tastier than just eating spinach or kale alone.

Susan Watson, a Winnipeg-based registered dietitian, says vitamin C, zinc, North American ginseng and echinacea "may help you have fewer colds, help the

+ APPETITE

When you are sick, it's common to have a low appetite. Should you force yourself to get a full amount of calories each day?

"I don't think pushing yourself to get your daily calories in when you are sick is necessary," says Susan Watson, a registered dietitian in Winnipeg. "It takes a while to become nutrient deficient, and it won't happen over a few days."

"If appetite is low, the most important thing is to stay hydrated, so drinking water, teas, and consuming natural, organic chicken or beef broth is helpful," says Christal Sczebel, an Edmonton-based certified holistic nutritionist.

cold go away more quickly and reduce cold symptoms."

The Dietitians of Canada recommend about 200 mg per day of vitamin C to help fight colds; top sources include red and yellow sweet peppers, strawberries, kiwi, oranges and broccoli. Sudden, high doses of vitamin C is not recommended — it hasn't been proven to help and the excess vitamin is passed when you use the bathroom.

NINA DRAGICEVIC

LEARNING CURVE

Seeking out a study group

Flipping through the hundredth page of your history textbook, illuminated by the reading light in your lonely dorm room, your eye is caught by a scene across campus.

A window to the library showcases a study scene with multiple members, rallying together to retain classroom information. You begin to wonder if a study group might help to enhance your academic performance and if so, how will you begin to create your crew?

"When studying alone it's easy to become familiar with material because you've seen it before and know what to expect," says Jennifer Meister, academic skills program coordinator at McMaster University. "But being familiar



BLOOM

with material doesn't necessarily mean you understand it."

"When you're studying with a group," continues Meister, "the material brought to the table will often be unexpected and presented in new ways." She explains that this dynamic ensures that a student will be tested on how much they understand the material rather than whether they are simply able to identify it.

"Studies also show that one of the best ways to learn is to teach someone else. Study groups are a great place to do that."

Roxanne Ross, manager of the University of Calgary's student success center, encourages students to begin seeking out their student squad within learning portals created in the classroom. "Post an invitation to other students via your course's learning management system," says Ross, who ensures that online

forums are made available in the majority of today's post-secondary classes.

"Activities like collectively anticipating exam questions in a group can also be incredibly helpful," she adds. "This increases the likelihood that students will focus on the right study material."

Ross warns, however, to take care in the choosing of those you will cram with.

"Studying with friends can definitely pose challenges for staying on task," says Ross. "However, there are ways to ensure that work gets done and the interactions stay focused. We encourage students to assign a leader in the group for each session who will take on the responsibility of selecting review questions and keep everyone on task."

Jennifer Meister adds that the amount of academics in your newfound alliance must be taken into account. "Of course you'll want to work with people who go to class, finish their work, and want to do well," says Meister. "And remember that a good study group is usually between three to five members; more than that is just a party."

Find a career that brings you joy

Wanting a better life for herself and her six children was the driving force that led Elaine Bruyere back to school and into the kitchen at Patal International College Ltd.

Bruyere had previously worked as a health care aide in the '90s but was laid off due to lack of hours available. But now that most of her children are grown up, she decided it was time to pursue a career that brought her joy – cooking.

"I wanted something challenging and I seem to be good at it," says Bruyere, who graduated from the culinary arts and baking programs in April.

After completing her high school upgrading through another institution, she was referred

to Patal's culinary arts and baking program by a friend. Having worked in a bakery at one point in her life, she took to the baking program right away. "I watched them make cakes and thought, I could do that," says Bruyere.

"When I got to Patal, I actually got to do some neat stuff with cakes."

But for Bruyere, she found her passion in cooking, and so much so that she is now a chef at Southeast Collegiate. "I am really happy where I am working and have never missed a day," says Bruyere. "I am very thankful for the staff at Patal for being invested in my future."

For more information about Patal, visit patalvocational.com.



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Giving students more access to education with online learning

The past few years has seen a major shift away from the traditional classroom with more and more schools putting more focus on their online training.

While there will always be tremendous value placed on in-class instruction, schools like Robertson College and its online programs make learning fit the busy schedules of a larger student body.

Part of Robertson Online's goal is to ensure more people have access to education, for whatever reason

they may have, such as those who need a more flexible schedule due to work, family, or life commitments, costs or even location.

"Online programs allow you to keep working while going to school or take care of the kids or do the things that are important to you while you get your diploma," says Keith McConnell, director, Online Campus, Robertson College.

Robertson Online continues to grow as the market

grows for online learning.

"More teachers, more support staff and more admissions officers and career counsellors have been added to the team in order to meet the growing demand," says McConnell.

In fact, Robertson Online has seen their most successful online intake yet in the month of September.

"The legitimacy of an online diploma is more accepted, which gives people the confidence that they are getting a quality education that will allow them to get the career they want," says McConnell.

McConnell says what differentiates online programs with Robertson College is the dedication to helping students graduate and find a career.

"Our national career services team covers the country working with the top employers in every province to give our grads the best opportunity to succeed," says McConnell.

All students are able to receive one-on-one personal support by staff at Robertson College to assist them in exploring all the financial options available, which has become more readily available for Online students.

Robertson Online offers individuals flexibility of schedule, a variety of programs available in the areas of business, health and information technology, as well as monthly starts 10 of 12 months of the year.

The next start dates for Robertson Online are Oct. 24 and Nov. 21.

New programs will also be added in the New Year.

"We are regularly working with industry leaders on new and exciting programs in a number of areas," says McConnell.

"When a program makes sense to be delivered in an online format we make sure we can deliver a high-quality experience that is the same as an in-person traditional campus program."

For more information about Robertson Online, visit robertsoncollege.com/online-studies.

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Learn how to get the most out of foam rolling

It seems everywhere you look, athletes, dancers and the general public have caught on to the benefits of foam rolling.

Just the simple act of rolling around on a large dense foam cylinder can have many health benefits, but has only become popular over the last few years.

"In 1980 foam rollers were used in the Feldenkrais Method (Awareness Through Movement) for balance/stability," says Shane Parrington RMT, W.C. Sp(MT), public relations/volunteer coordinator, Wellington College.

From there, Parrington says a dancer named Sean Gallagher began using a foam roller as a self-massage tool on himself and other dancers and this application was then picked up by a physical therapist in the '90s on weight lifters, and now has become a wide spread activity among many demographics.

To learn how to get the most out of this beneficial technique, Wellington College is offering a foam rolling workshop this fall.

Parrington says foam rolling has become a popular technique for a few reasons.

"Foam rollers are economical ranging in price from \$13 and up, varying in shapes, size and colours, it is convenient for pre/post activity and stress reduction and doesn't require a lot of space and can be accessible at the office, gym or at home," says Parrington.

The main benefit of foam rolling is "myofascial" release.

Fascia refers to connective tissue that surrounds muscles/organs and other body structures.

Myofascia has three main functions that are holding muscles together/correct place, separates muscles so they can function independently of each other, and provides a lubricated surface so muscles can smoothly work against each other.

"Foam rolling benefits are very similar to massage benefits," says Parrington.

"Foam rolling increases blood flow to



STOCK

muscles, increases range of motion, and decreases pain/soreness. It can be used for pre/post activity."

The foam rolling workshop is being offered Thursday Oct. 27, from 7 p.m. until 9 p.m.

The cost of the workshop is \$20 and

spots are limited.

Equip Massage Supply will be having a foam roller sale that evening in conjunction with the foam rolling course.

To register please call Wellington College at 204-957-2402 or email info@wellingtoncollege.com.

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or visit www.wellingtoncollege.com

Watch your projects take shape in carpentry training

Building something from start to finish with your own hands can be one of the most satisfying things a person can do.

With a career in carpentry, individuals get to watch their projects take shape and know that without their skills and talent, that object or structure might not exist.

From the beginning of the carpentry program at MITT (Manitoba Institute of Trades and Technology), students start working on an actual structure — with skills they have learned in the classroom.

“A lot of people who come to this program have not even swung a hammer before, so we are starting out with the basics — a lot of the nuts and bolts,” says Cal Wiebe, carpentry instructor, MITT.

Wiebe fell into the carpentry field when he was younger because his father was in the construction business, and has never looked back.

“It has been good to me ever since,” says Wiebe.

After several years in the industry and

holding a supervisory role, Wiebe decided to turn his focus to teaching — a decision he has since found to be rewarding.

“Day to day when you teach something and when you see a person finally understand it, when the light bulb goes on, and they finally get it — I like that,” says Wiebe.

Although carpentry is often seen as a somewhat traditional career choice, Wiebe says while building processes may remain the same, carpentry — like any other field — evolves with new technology.

“Changes happen a lot with building materials and that is not always easy to stay on top of,” says Wiebe, adding that both MITT carpentry instructors take the time to research and evaluate the modernization of their craft.

He says there’s also been a lot more focus on green building or sustainability, which is touched upon during the MITT program.

The carpentry program at MITT is a



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five-month, five-credit, pre-employment program accredited through the province as the Level 1 carpentry apprenticeship-training program.

There are two intakes per year for this program, with the next two being February and September 2017.

For more information, visit mitt.ca.

Accelerate Your Future

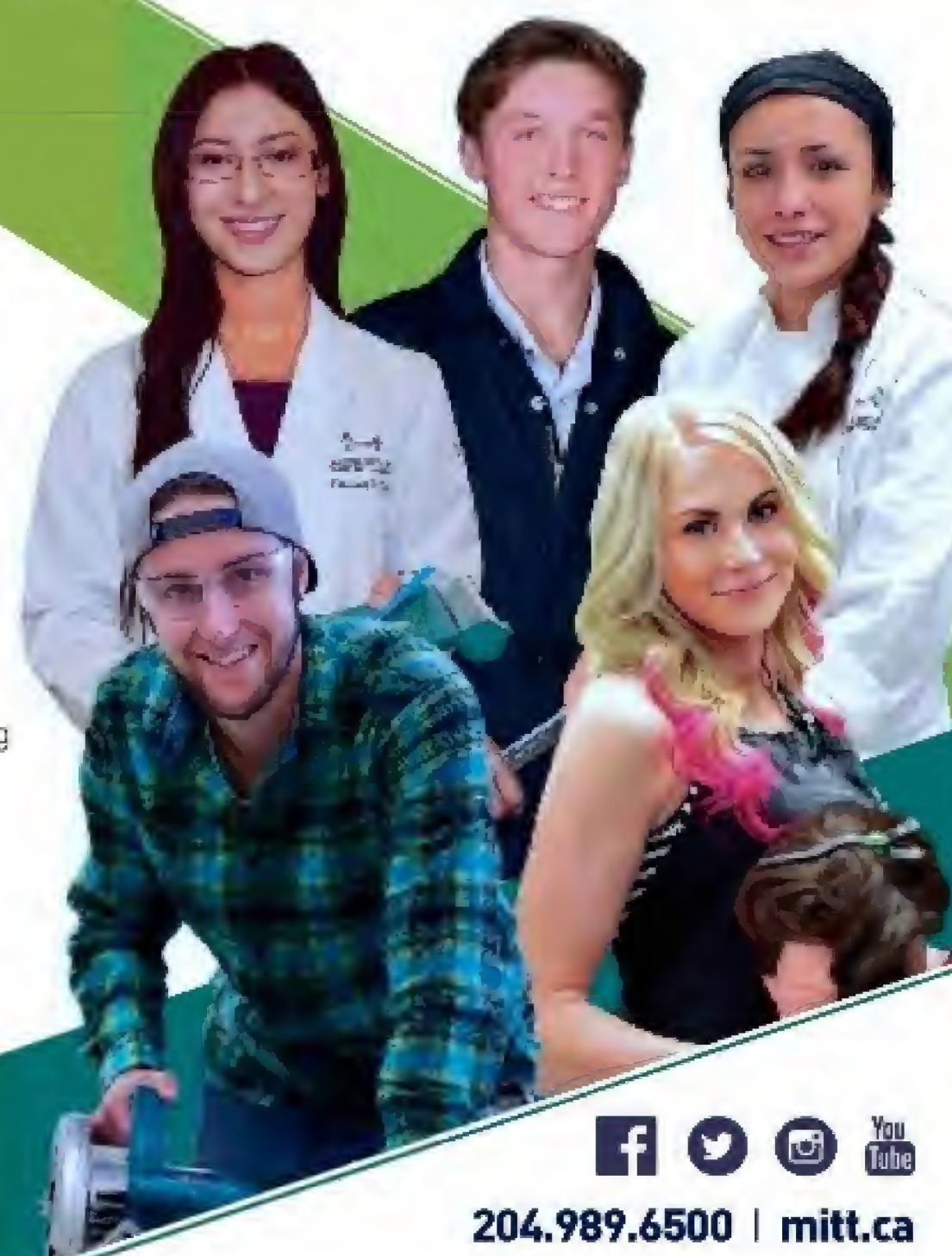
If you want a career instead of a job, and a future you can look forward to, you need real-world training: MITT wants to help you get there, faster. Our courses cover everything from welding to hairstyling, carpentry to network security, and thousands of students have discovered our unique advantages.

A third of our students already have some post secondary training—but found that today’s job market demands practical, technical skills. Our training is designed with industry advice, to meet their needs. Some of our students land jobs before they even finish their program, and **80%** get work in their fields within six months of graduating.

Another portion of our students are in high school, and graduate with both a diploma and the first stage of an accredited skill. They start their careers sooner, and instead of wondering “What next?”, they hit the accelerator.

Our international students come from around the world, attracted by Manitoba’s diverse economy, our welcoming culture, and the opportunity to learn from top instructors, in a thriving college environment.

At MITT, we believe your education should be a solid foundation you can use to get into a meaningful job sooner, or, to continue your learning journey elsewhere. Check us out today and apply early, because our programs fill fast.



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Picture yourself at Providence

Rural Manitoba institution excels at helping first-year students adjust to university

The first year of university is a time of high emotion. Many students are eager to arrive on campus and excited to leave home and experience something new.

Others are anxious, uneasy with the unknown and nervous in unfamiliar surroundings.

Providence gets it. They recognize that, as much as providing top-notch instruction in modern facilities, universities must create environments in which students can picture themselves fitting in and excelling.

So picture this.

Picture yourself arriving at a scenic, 100-acre campus nestled against a river, an iconic bell tower rising prominently over fields of canola and corn.

Your dorm is comfortable, and thoughtful, experienced Student Development staff help you settle in. At mealtime you enjoy a variety of freshly prepared dishes accommodating every taste and dietary requirement. Before going to bed you participate in student-led games, unwind in the hot tub, join your friends at a bonfire or simply find a quiet place to listen to music.

Picture yourself studying with high-

achieving faculty in the program of your choice. Providence professors have contributed important cancer research, launched numerous green initiatives and authored numerous books on topics as wide-ranging as marriage, spiritually oriented psychotherapy, church life and Bob Dylan. Many professors, such as those in business and science, offer their courses in brand new, state of the art classrooms.

Finally, picture yourself pursuing and attaining a career in your chosen field. Providence graduates are working all over the world — from tech start-ups in Germany to TESOL schools in Romania, embassies in Eastern Europe, Christian training centres in the Dominican Republic and counselling services right here in Manitoba.

A Providence education will take you wherever you want to go.

In a recent Noel Levitz survey, current students told Providence what they felt were the institution's biggest strengths. The list included "high academic standards," "respect for both female and male students," "commitment to multicultural understanding," "facilitation of spiritual growth" and "a welcoming atmosphere."

Picture that: a university that ticks all those boxes. And why not picture yourself at Providence? However you're feeling about your first year of university, you might just find Providence to be the perfect fit.



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Keep growing as an HR professional at PACE

Olesya Sokolava started her career in human resources in 2009 at the Marriott Hotel, where she gained extensive hands-on experience in different areas including recruitment, employee relations and training.

She was also looking for an educational opportunity to structure her knowledge and keep growing as an HR professional.

She researched options and chose the PACE (The University of Winnipeg Professional, Applied and Continuing Education) human resource management diploma program.

"This was a very intense and challenging program that required a lot of efforts and time", says Sokolava.

"However, it was worth it."

She says the program covered a variety of areas within human resource management, providing information on the most recent HR trends and best HR practices.

"The instructors are experienced industry professionals, who are passionate about their

disciplines and willing to share their knowledge and experience," says Sokolava.

While still a student, Sokolava was placed at Investors Group as an intern.

Before she completed her internship, she was offered a position where she coordinates recruitment activities and provides support and assistance with day-to-day operations of HR functions.

The PACE program also prepared her to pass the National Knowledge Exam, which is a formal step to attain the Certified Human Resources Professional (CHRP) designation.

"I was very happy with my decision to take the human resource management diploma program and recommend it to everyone interested in starting or pursuing their career in human resources," says Sokolava.

PACE offers both a full-time and part-time delivery option for the human resource management diploma, which is the highest HR educational credential in Manitoba, outside of a business degree.



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This highly recognized academic credential complemented by its work-ready tangibles serves both the experienced practitioner lacking formal education and university graduates seeking business expertise.

Graduates of this program will attain both a human resource management diploma and

a management certificate.

The next intake for the full-time program will be May 2017 and will include a four-week internship.

For more information about the human resource management diploma program at PACE, visit pace.uwinnipegcourses.ca.

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JULIE THERRIN,
Graduate, Masters Certificate in Project Management
Business Development Officer, Hydro International

Capitalize on opportunities in the administration field

Labour Market information suggests that career opportunities in administrative fields will continue to grow in demand over the next 10 years.

The skills and knowledge taken away from the full-time administrative assistant program at Red River College will provide graduates with a strong foundation that will allow them to capitalize on career opportunities in whatever field they pursue.

"This intensive 14-week program was designed to prepare students with the necessary skills to secure employment in an entry-level administrative role as the first step in their career path," says Debra Wutke, program manager, business and management, RRC.

"The 14-weeks of training is followed with three weeks of practicum in a work environment to expose students to the business culture and help build confidence in the knowledge and skill they've gained throughout the program."

This program is suitable for students just

out of high school who are uncertain about their career path but know they want to work in a business environment.

Other suitable candidates are those in the workplace who feel their skills require upgrading to enable them to apply for opportunities to advance in their current workplace or seek attractive offers in other organizations by giving them a solid foundation of broad skills that are in demand in any workplace.

Throughout the program, students will study business computing, basic business math, bookkeeping and accounting for small business, Simply Accounting, basic business communication, administrative procedures, office professionalism, customer service and event planning.

To succeed in this field, Wutke says administrative assistants must possess excellent communication skills, ability to problem solve and make decisions and set priorities as part of managing their own day to day workload.

"Great admin assistants become indis-



ISTOCK

pensable team players by anticipating needs and identifying resources to meet those needs as part of the business strategy," says Wutke.

"Being confident in what you know and being able to support the organization goals will open opportunities to qualified people."

The next start date for this program is January 2017.

This program is offered part-time and RRC also offers an administrative assistant refresher course for seasoned professionals to update their skills.

For more information, visit rrc.ca/ada.

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Thwart your weather woes during the school year

For some, the swift switch of the seasons can conjure images of snuggly blankets, hot chocolate and nights around the hearth.

For post-secondary students moving toward one of the toughest sections of the term, the shifting of the sun and the thermostat can leave many frozen with frustration and fatigue.

"Often students start to get overwhelmed and swamped with work just at the same time that the daylight hours are decreasing rapidly," says Dr. Allyson Harrison, associate professor in the department of psychology at Queen's University. "This is when they start to stop doing all the things that would help protect them from having severe symptoms — they stop eating well, they stop going to the gym, they stop going out



STOCK

with friends."

Dr. Harrison adds that this while this swing in emotion and cognitive ability — often referred to as Seasonal Affective Disorder or SAD — can be tough for many students, there are ways one can ward off the weather's woes before the symptoms begin to storm.

"The first thing I would recommend is establishing and sticking with a consistent sleep-wake cycle," says Dr. Harrison, adding that seven to eight hours of sleep is best. "The tendency is to hibernate and sleep in late, but this actually decreases your chance to be outside and also interferes with mood regulation and energy level."

Light therapy, says Dr. Harrison, has also been found to be helpful if the right product is sought out.

"There are some alarm clocks that simulate sunrise and light up the room slowly, and those can help," she says. "Also, getting this type of light in your room can help when you are studying after dark — you can trick your brain into thinking it is not winter."

Andrew Garnet, student success and engagement counsellor at Humber College, recommends combatting the seasonal slump in advance by signing up for sports that will force said student out of an indoor fog.

"Some students do their best to pick up winter related activities to help keep them active throughout the winter months," says Garnet. "For some it may be snowboarding or skiing, for others it could be hockey, snowshoeing, skating or tobogganing."

Garnet points out that while symptoms of SADs are a minor annoyance for many, a student should seek out the opinion of a counselor or doctor if their daily functioning has seen a significant shift.

"Recognizing changes in mood, behaviour, energy level and appetite is key, so as to get the appropriate resources and support," says Garnet. "Keeping an eye on these things will help limit any potential disruption in academics and well-being."



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FIND A CAREER HELPING PEOPLE WITH ADDICTION

Helping people isn't easy, but it can be an incredibly rewarding and valued career choice.

The career of an addictions and community service worker can take many different forms — you can work at a drug treatment and rehabilitation centre, a group home, a community mental health centre, a correctional facility, or a facility that specializes in providing services for physically or developmentally handicapped people.

The common thread between careers in all of these workplaces is that you're directly making a difference in people's lives.

Emotional strength and stability are key qualities for a person working in the field of addictions and community service.

There are several key skills that are also critical to the job.

Your clinical skills are your toolkit for on-the-ground work, equipping you with techniques to provide help one-on-one. You'll need to practice specialized skills such as interviewing techniques. You'll also learn about relapse prevention and intervention.

Your theoretical knowledge is also important. You'll need to be equipped with up-to-date education on ethics, Indigenous

culture, youth issues, human psychology and pharmacology.

You can learn all these and start your new career starting now.

To start on your path to this rewarding career, sign up for a reputable educational program. The Addictions and Community Services Worker diploma program at CDI College is an excellent source for all the skills and knowledge you'll need.

For more information on CDI College's Addictions and Community Services Worker Program, call 1-800-360-7186 or visit study.cdicollege.ca.

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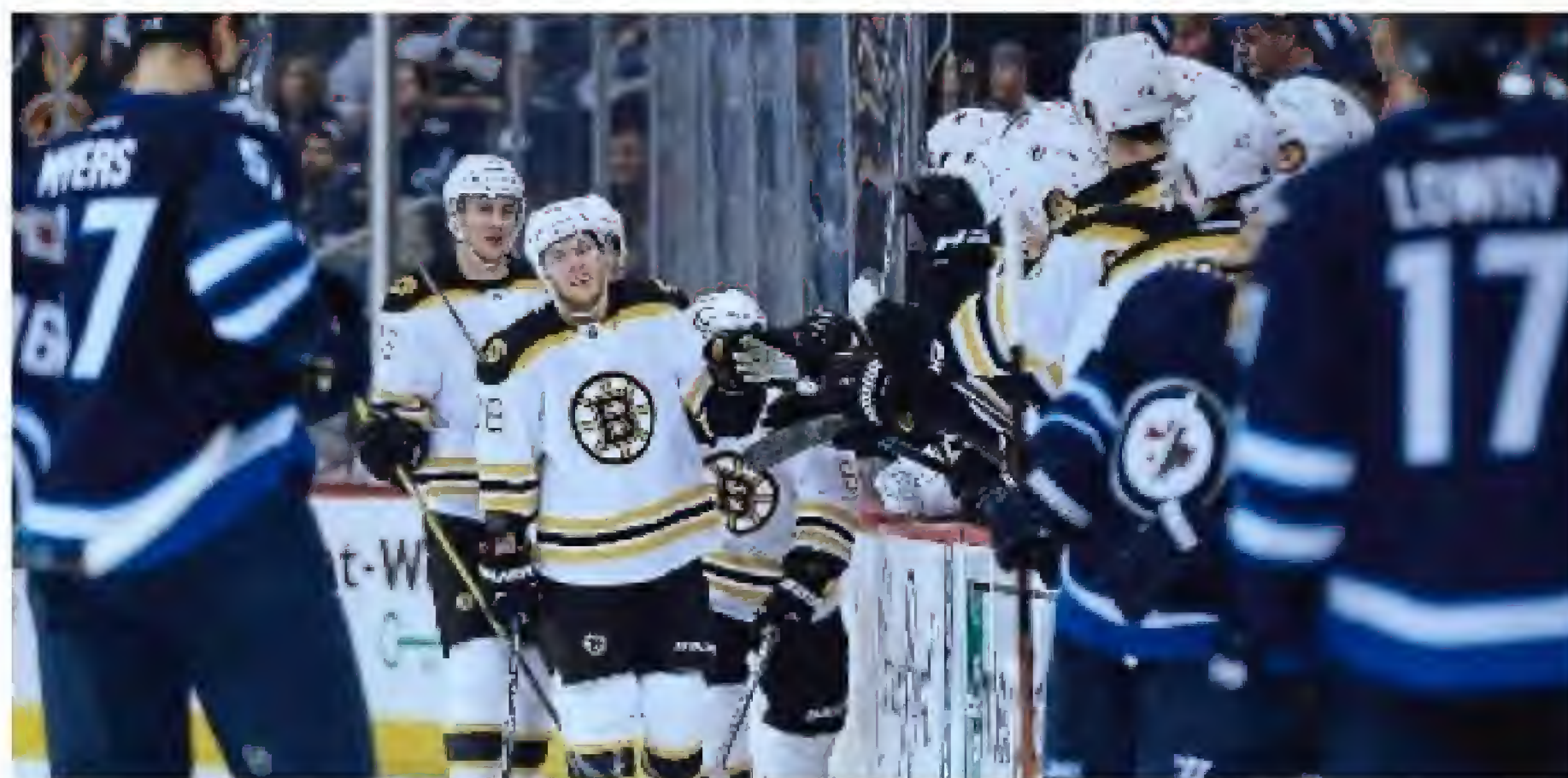
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Anthony Rizzo and Addison Russell, the Cubs duo that totalled 204 regular-season RBIs, are a combined 2 for 45 through six playoff games



The Bruins celebrate David Pastrnak's second-period goal at MTS Centre. JOHN WOODS/THE CANADIAN PRESS

Pastrnak's knack for net sinks Jets

NHL

Young forward scores 4th of season to lead Bruins to win

David Pastrnak's team-leading fourth goal of the season proved to be the difference as the Boston Bruins beat the Winnipeg Jets 4-1 on Monday at MTS Cen-

tre.

The 20-year-old Pastrnak extended his point streak to three games while suiting up in his 100th-career NHL game.

Winnipeg (1-2-0) captain Blake Wheeler opened the scoring 10 minutes into the game.

Boston (2-1-0) trailed for all of 19 seconds, however, as

MONDAY In Winnipeg

4 **1**
BRUINS JETS

Dominic Moore tied things up at 10:19 of the first period.

Rookie Brandon Carlo's first-career goal added the insur-

ance for the Bruins with 1:59 remaining in the third period and Zdeno Chara scored an empty-netter inside the final minute.

Boston's Tuukka Rask turned away 34-of-35 shots, while Win-

nipeg's Connor Hellebuyck stopped 21 of the 24 shots he faced.

Wheeler opened the scoring when he was sprung by Alexander Burmistrov with a breakaway pass as Wheeler stepped out of the penalty box. He deked Rask and slid the puck behind the Bruins netminder on his forehand for his third goal and fifth point in his third game of the season.

THE CANADIAN PRESS

IN BRIEF

GSP claims free agency

Former UFC welterweight champion Georges St-Pierre says he is no longer under contract with the UFC and is a free agent, although the promotion disputes that.

The 35-year-old Montreal fighter, who has been on hiatus since November 2013, has been campaigning for a return to action.

THE CANADIAN PRESS

D-man Green strikes thrice

Mike Green scored three times for his first hat trick and Darren Helm had two goals to help the Detroit Red Wings beat the Ottawa Senators 5-1 on Monday night in their last home opener at Joe Louis Arena.

Green scored twice in the first period and his third goal restored a three-goal lead with 6:36 left in the game.

Helm scored on a breakaway in between Green's goals in the first period and added a second goal with 2:56 left in the third. THE ASSOCIATED PRESS

Big Ben unlikely to face Pats after knee surgery

The cartilage in Ben Roethlisberger's aching left knee is repaired after undergoing arthroscopic surgery on Monday.

And while the Pittsburgh Steelers are optimistic their franchise quarterback will return sooner rather than later after tweaking the knee in the second quarter of a miserable loss in Miami on Sunday, the odds of Roethlisberger being ready for a visit from Tom Brady and the New England Patriots six days removed from the operating table is remote.

THE ASSOCIATED PRESS



ALCS JAYS UP AGAINST WALL IN GAME 3 Right-fielder Jose Bautista misplays an RBI double in the first inning of Game 3 of the ALCS on Monday night in Toronto. Go to metronews.ca for results. TOM SZCZERBOWSKI/GETTY IMAGES

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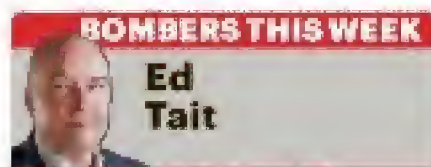
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We are turnover kings of the CFL



BOMBERS THIS WEEK

Ed
Tait

The question comes up a lot these days, mostly to Winnipeg Blue Bombers head coach Mike O'Shea, but to some of his charges as well.

It's pointed, it's valid and it goes more or less like this: this turnover thing — the defence intercepting passes, stripping footballs and then pouncing on them — how long can the Bombers keep on relying on that as a formula to success?

Well, here are a couple other related questions as the Bombers enter their bye week at 10-6 and in sole possession of second place in the Canadian Football League's West Division:

- After 16 games, why are we even asking this anymore?

- And why can't anyone simply accept that this is what the 2016 Blue Bombers do and this is who they are?

In Friday's dramatic come-from-10-points-behind-with-five-minutes-left 35-32 win



The Blue Bombers' Clarence Denmark makes a touchdown catch under pressure from B.C.'s Chandler Fenner on Friday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

over the B.C. Lions — in Vancouver, no less — the Bombers forced another six turnovers, four interceptions and two fumbles.

And, as per usual in the five games this season in which the club has forced six turnovers, and the 10 games of which they forced

three or more, O'Shea was asked if his troops can keep this thievery going.

"Game by game it's going to be different," said O'Shea.

"We've got to force takeaways in different ways. It's going to be tighter games and tougher to force all those takeaways, but we've just got to be diligent." Pressed further as to how 'abnormal' this is, O'Shea grinned and added:

"It wouldn't seem so for this group right now. Somebody's got to do it."

Bingo. Look, every team takes on a certain identity or characteristic each season.

The Bombers of 2011 milked that whole 'Swaggerville' deal and followed that up with a couple of seasons that would be best described as — how can we put this nicely? — "tire fires."

The 2016 Bombers are a lot of things, including a team that is being led by a fiery quarterback in Matt Nichols, that can dominate the offensive line of scrimmage and

has a cyborg kicking field goals in Justin Medlock.

But, first and foremost, they would be described by just about anyone who follows the CFL — and, especially, their opponents — as ball hawks. They may bend a ton on defence, but dang it if you don't protect the football

they will take it away and make you pay.

And that's not just a formula, it represents a comfort in the defensive system and a vow to protect the ball offensively. More than anything,

though, it's an aggressive approach to the game that sure beats what football fans have seen too often of late in these parts.

Let's face it, while the good book offers a wonderful message in 'blessed are the meek, for they will inherit the earth', on the football field that's an invitation to getting your backside kicked.

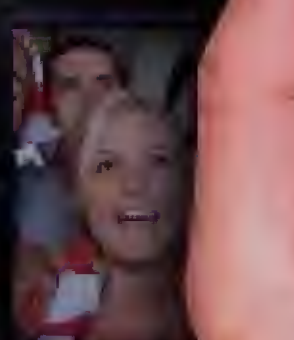
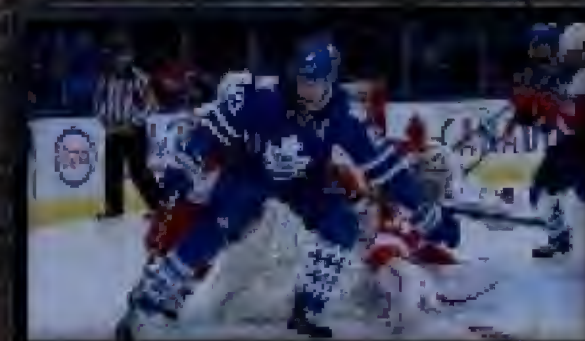


And why can't anyone simply accept that this is what the 2016 Blue Bombers do and this is who they are?

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RECIPE Roasted Cauliflower Tacos



PHOTO: MAYA VERNETI

Ceri Marsh & Laura Keogh
For Metro Canada

Directions

1. Chop cauliflower into small florets. In a large bowl, toss with olive oil.

2. On a large, flat plate mix panko, spices and a bit of salt and pepper together. Toss florets in the panko mix until coated. Spread evenly on a baking sheet and pop in the oven for 25 to 30 minutes, until the cauliflower is golden and tender.

3. Meanwhile, combine avocado with sour cream and lime juice. Mash with fork and combine until you have a smooth consistency. Taste and add salt and pepper.

4. Prep all of your extras and warm up the tortillas. Spread a good dollop of avocado on each tortilla. Place a handful of the baked cauliflower on top, then load on your toppings.

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Crunch, spice and snap make these cauliflower tacos a delicious and easy answer to a weeknight dinner.

Ready in 30 minutes

Prep time: 10 minutes

Cook time: 20 minutes

Serves 4

Ingredients

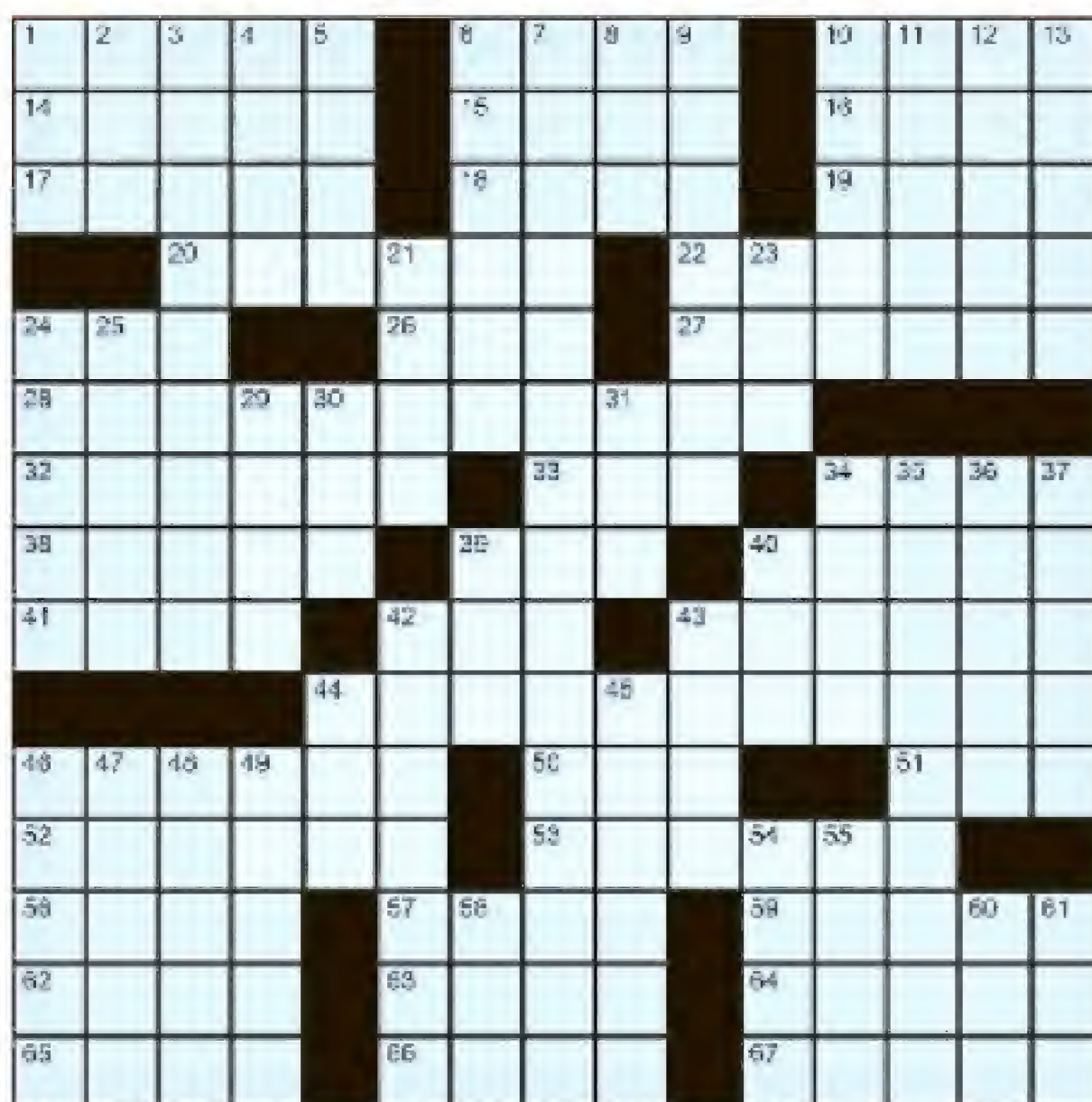
- 1 head cauliflower
- 2 Tbsp olive oil
- 1 1/2 cup panko or breadcrumbs
- 1 tsp chili powder
- 1/2 tsp cumin
- salt and pepper
- 1 avocado
- 1/4 cup sour cream
- 1 lime, juiced
- salt and pepper
- 6 to 8 tortillas
- extras like crumbled queso or feta cheese, cabbage slaw

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Montreal borough
6. Takes to the stage in a way
10. Taxis
14. The other 'Stooge'
15. ___ of paint
16. Friendly nation
17. As, in code
18. Tip-top
19. Tartan-wearing bunch
20. French composer Cesar
22. Floating, as lily pads on the water's surface
24. Highest playing card
26. I + II's sum
27. Settle the deal
28. Montreal-based hair care company
32. Guarantee
33. 4 qts.
34. Commissioner Gordon's li'l force
38. Author's idea
39. Diving bird
40. Cow, when making its familiar cow noise
41. Without
42. Fragment
43. Incumbency
44. Stand-up/improv/sketch venue in downtown Montreal
46. 1984 Kim Mitchell album: '___ Algo'
50. Frostiness
51. Mr. Cobb, and others
52. Reveal the im-



- poster's identity
53. Unwavering
56. Spaces
57. Give off
59. Like Romaine lettuce
62. Pre-day nights
63. Court plea, ___ contendere
64. Country icon

- Mr. Haggard
65. Depend on
66. Univ. treatise
67. Supplement: 2 wds.

DOWN

1. Snug ___ bug
2. Vancouver Canucks org.
3. Big avenue in Winnipeg
4. Mr. Epps
5. ___-daisy!
6. Giraffes like munching on

- this tree
7. Spatulas and tongs: 2 wds.
8. Beige
9. Painter's pattern producer
10. Some succulents
11. 'A' of E.A.P.
12. Cartoons voicer Mel

13. New Wave instr.
21. Gracious
23. "___ in the Family"
24. Accumulate
25. ___ del Sol (Region of Spain)
29. Bear: French
30. Weep
31. Home's railing wood
34. "___ further." (Don't take another step)
35. Palace's posh 'patio' place
36. Upbeat/cheerful
37. Put on an outfit
39. Direct
40. Kitten cry
42. Library shelf support
43. Kind
44. Radio types, e.g.
45. "___ and "___"
46. Drilled-hole maker
47. Between 10-and-a-Queen fellow
48. Press onward
49. Big amount-ish
54. Soprano Ms. Gluck
55. Good gesture
58. Me: French
60. "Alice" waitress
61. Pine

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are ambitious today! Whatever you want, you will do anything within your power to get. (Everyone else better step aside!)

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today, because they will quickly degenerate into a nasty argument. People are intense and ruthless today!

Gemini May 22 - June 21
Disputes about shared property and inheritances might be problematic today. Neither party will budge. Caution: You might increase opposition to yourself.

Cancer June 22 - July 23
Be patient with partners and close friends today in order to avoid a conflict. This is the kind of day where people are just downright pushy.

Leo July 24 - Aug. 23
You are prepared to work hard today to get what you want. Nothing will stand in your way, because you will plow ahead regardless of what you encounter. Do not alienate co-workers.

Virgo Aug. 24 - Sept. 23
Romance is passionate today. However, it also can be a bit thoughtless and insensitive. Don't accept treatment that makes you feel bad. You don't deserve this.

Libra Sept. 24 - Oct. 23
To avoid family conflicts today, use your energy to fix up where you live. Make improvements. You especially can make a positive difference in laundry areas and bathrooms.

Scorpio Oct. 24 - Nov. 22
This is a powerful day for those who sell, market, teach, act or write because not only are you persuasive, you are impossible to resist. You will say what you mean and mean what you say!

Sagittarius Nov. 23 - Dec. 21
Disputes about money and possessions are likely today. Try to avoid these if you can, because they will be nasty. Go gently.

Capricorn Dec. 22 - Jan. 20
Take a realistic look in the mirror and ask yourself what you can do to improve your appearance. After all, you never get a second chance to make a first impression.

Aquarius Jan. 21 - Feb. 19
You might be in conflict with a friend today or a member of a group because you don't agree with how things are going. If you are out-numbered, take a step backward.

Pisces Feb. 20 - March 20
You can use today's energy by working quietly with great purpose behind the scenes, or by working alone. Do not get caught up in the drama of others.

CONCEPTIS SUDOKU by Dave Green

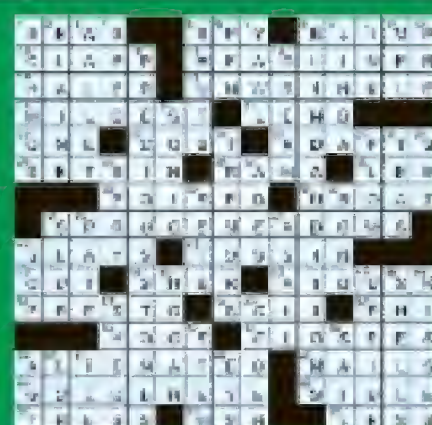
Every row, column and box contains 1-9



YESTERDAY'S ANSWERS

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